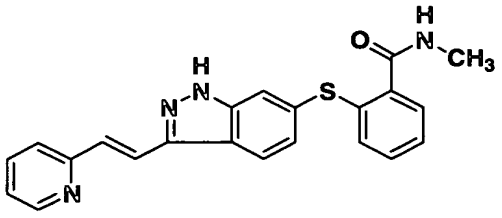
We Claim:

1. A dosage form for administration to a mammal, the dosage form comprising a compound of formula 1:



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a pharmaceutically acceptable salt, solvate or prodrug thereof, or a mixture thereof, in an amount effective to provide a 24-hour AUC blood plasma value of no more than 4500 ng·hr/mL of the compound of formula 1 or active metabolites thereof, after administration to the mammal.

2. The dosage form of claim 1, wherein the 24-hour AUC blood plasma value is from 25 to 4500 ng·hr/mL.

3. The dosage form of claim 1, wherein the 24-hour AUC blood plasma value is from 50 to 2500 ng·hr/mL.

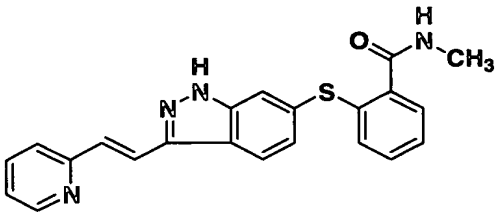
4. The dosage form of claim 1, wherein the 24-hour AUC blood plasma value is from 75 to 1000 ng·hr/mL.

5. The dosage form of claim 1, wherein the 24-hour AUC blood plasma value is from 100 to 800 ng·hr/mL.

6. The dosage form of claim 1, wherein the dosage form is an oral dosage form.

7. The dosage form of claim 1, wherein the dosage form is a tablet or a capsule.

8. A dosage form comprising a compound of formula 1:



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a pharmaceutically acceptable salt, solvate or prodrug thereof, or a mixture thereof, in an amount of no more than 30 mg.

9. The dosage form of claim 8, wherein the amount is from 0.5 to 30 mg.

10. The dosage form of claim 8, wherein the amount is from 1 to 20 mg.

11 The dosage form of claim 8, wherein the amount is from 1.5 to 15 mg.

12. The dosage form of claim 8, wherein the amount is from 2 to 10 mg.

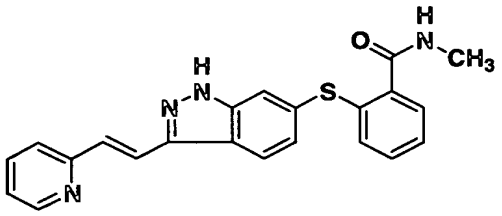
13. The dosage form of claim 8, wherein the amount is from 2.5 to 8 mg.

14. The dosage form of claim 8, wherein the amount is from 3 to 7 mg.

15. The dosage form of claim 8, wherein the dosage form is an oral dosage form.

16. The dosage form of claim 8, wherein the dosage form is a tablet or capsule.

17. A method of treating abnormal cell growth in a mammal, the method comprising administering to the mammal a compound of formula 1:



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a pharmaceutically acceptable salt, solvate or prodrug thereof, or a mixture thereof, in an amount effective to provide a 24-hour AUC blood plasma value of no more than 4500 ng·hr /mL of the compound of formula 1 or active metabolites thereof, after administration to the mammal.

18. The method of claim 17, wherein the 24-hour AUC blood plasma value is from 25 to 4500 ng·hr/mL.

19. The method of claim 17, wherein the 24-hour AUC blood plasma value is from 50 to 2500 ng·hr/mL.

20. The method of claim 17, wherein the 24-hour AUC blood plasma value is from 75 to 1000 ng·hr/mL.

21. The method of claim 17, wherein the 24-hour AUC blood plasma value is from 100 to 800 ng·hr/mL.

22. The method of claim 17, wherein the compound is administered orally.

23. The method of claim 17, wherein the compound is administered at a dosage frequency of at least once per day.

24. The method of claim 17, wherein the compound is administered at a dosage frequency of at least twice per day.

25. The method of claim 17, wherein the mammal fasts for at least two hours prior to the step of administering.

26. The method of claim 17, wherein the mammal fasts for at least two hours after the step of administering.

27. The method of claim 17, wherein the mammal fasts for at least two hours prior to the step of administering and at least two after the step of administering.

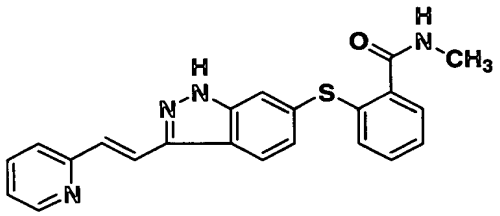
28. The method of claim 17, wherein the abnormal cell growth is cancer.

29. The method of claim 28, wherein the cancer is selected from lung cancer, bone cancer, pancreatic cancer, skin cancer, cancer of the head or neck, cutaneous or intraocular melanoma, uterine cancer, ovarian cancer, rectal cancer, cancer of the anal region, stomach cancer, colon cancer, breast cancer, carcinoma of the fallopian tubes, carcinoma of the endometrium, carcinoma of the cervix, carcinoma of the vagina, carcinoma of the vulva, Hodgkin's Disease, cancer of the esophagus, cancer of the small intestine, cancer of the endocrine system, cancer of the thyroid gland, cancer of the parathyroid gland, cancer of the adrenal gland, sarcoma of soft tissue, cancer of the urethra, cancer of the penis, prostate cancer, chronic or acute leukemia, lymphocytic lymphomas, cancer of the bladder, cancer of the kidney or ureter, renal cell carcinoma, carcinoma of the renal pelvis, neoplasms of the central nervous system (CNS), primary CNS lymphoma, spinal axis tumors, brain stem glioma, pituitary adenoma, and combinations thereof.

30. The method of claim 17, wherein the method further comprises co-administering an anti-tumor agent selected from the group consisting of mitotic inhibitors, alkylating agents, anti-metabolites, intercalating antibiotics, growth factor inhibitors, cell cycle inhibitors, enzymes, topoisomerase inhibitors, biological response modifiers, antibodies, cytotoxics, anti-hormones, anti-androgens and mixtures thereof.

31. The method of claim 30, wherein the anti-tumor agent is docetaxel.

32. A method of treating abnormal cell growth in a mammal, the method comprising administering to the mammal a compound of formula 1:



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a pharmaceutically acceptable salt, solvate or prodrug thereof, or a mixture thereof, in an amount of no more than 30 mg per dose.

33. The method of claim 32, wherein the amount is from 0.5 to 30 mg.

34. The method of claim 32, wherein the amount is from 1 to 20 mg.

35. The method of claim 32, wherein the amount is from 1.5 to 15 mg.

36. The method of claim 32, wherein the amount is from 2 to 10 mg.

37. The method of claim 32, wherein the amount is from 2.5 to 8 mg.

38. The method of claim 32, wherein the amount is from 3 to 7 mg.

39. The method of claim 32, wherein the compound is administered orally.

40. The method of claim 32, wherein the compound is administered at a dosage frequency of at least once per day.

41. The method of claim 32, wherein the compound is administered at a dosage frequency of at least twice per day.

42. The method of claim 32, wherein the mammal fasts for at least two hours prior to the step of administering.

43. The method of claim 32, wherein the mammal fasts for at least two hours after the step of administering.

44. The method of claim 32, wherein the mammal fasts for at least two hours prior to the step of administering and at least two after the step of administering.

45. The method of claim 32, wherein the abnormal cell growth is cancer.

46. The method of claim 45, wherein the cancer is selected from lung cancer, bone cancer, pancreatic cancer, skin cancer, cancer of the head or neck, cutaneous or intraocular melanoma, uterine cancer, ovarian cancer, rectal cancer, cancer of the anal region, stomach cancer, colon cancer, breast cancer, carcinoma of the fallopian tubes, carcinoma of the endometrium, carcinoma of the cervix, carcinoma of the vagina, carcinoma of the vulva, Hodgkin's Disease, cancer of the esophagus, cancer of the small intestine, cancer of the endocrine system, cancer of the thyroid gland, cancer of the parathyroid gland, cancer of the adrenal gland, sarcoma of soft tissue, cancer of the urethra, cancer of the penis, prostate cancer, chronic or acute leukemia, lymphocytic lymphomas, cancer of the bladder, cancer of the kidney or ureter, renal cell carcinoma, carcinoma of the renal pelvis, neoplasms of the central nervous system (CNS), primary CNS lymphoma, spinal axis tumors, brain stem glioma, pituitary adenoma, and combinations thereof.

47. The method of claim 32, wherein the method further comprises co-administering an anti-tumor agent selected from the group consisting of mitotic inhibitors, alkylating agents, anti-metabolites, intercalating antibiotics, growth factor inhibitors, cell cycle inhibitors, enzymes, topoisomerase inhibitors, biological response modifiers, antibodies, cytotoxics, anti-hormones, anti-androgens and mixtures thereof.

48. The method of claim 47, wherein the anti-tumor agent is docetaxel.